Black Forest Acres  •  M-Sat 10-7; Sun 11-4. hrs, op.  
437 Raritan Ave. 732-828-8809.

HIGHLAND PARK  •  The VivaVegie Society, Inc., is a nonprofit, 501(c)3 organization.  
212-871-9304  •  www.vivavegie.org

HIGHLAND PARK  •  Tu-Th 11:30-2, 5:30-8; F, Sat 5:30-9; Sun 4-8; clsd M. vr, to.

HAMILTON  •  Bashful Banana Cafe`  •  1709 Clifton Ave. 732-367-3337.  
M-F 9:30-6; Sat 9:30-5; clsd Sun, hrs.

LAWRENCEVILLE  •  Green Light  •  681 Palace Avenue. 800-393-8668.  
Tu-Sat 12-7; Cls Sun, vr, to.  

LITTLE SILVER  •  Health Fair  •  625 Branch Ave. 732-747-3140.  
M-F 9-9; Sat 9-6; Sun 10-5. hrs, to, op. org.

MANAHAWKIN  •  Pangea Health Food  •  511 Rte 72. 609-597-0017.  
M-Sat 10-7; hrs, to, op.

MANALAPAN  •  Pauline’s Health Food  •  303 Rte 9.  
732-308-0449. M-F 9:30-8; Sat 9:30-6; Sun 11-5. hrs, ops.

MANASQUAN  •  Monmouth Health Food  •  181 Main St.  
732-223-4900. M-Sat 9-6; Sun 11-5. hrs, op.

MARLTON  •  Whole Foods  •  940 Rte 73. 856-797-1115.  
M-Sat 8-10; Sun 8-9. hrs, ops.

MENLO PARK  •  Trader Joe’s  •  300 Rte 73 S. 658-988-3323.  
M-Sun 9-9. hrs, to.

MATAWAN  •  Good Nature Health Foods  •  952 Hwy 34.  

METUCHEN  •  Pyramid Health Foods  •  449 Main St.  

MIDDLETOWN  •  Harmonia Natural Foods  •  1521 Hwy 35.  
732-671-7939. M-10; Sat 10-6; Sun 11-4. hrs, to, op.  

NORMANDY BEACH  •  Labrador Lounge  •  3581 Rte 35 N. 908-490-1234.  
Sun-F 12-12; clsd Sat. vr.

OCEAN  •  Dean’s Natural Food Market  •  1119 Hwy 35.  
5-8; Sat 9-6. hrs, to, op.  

OCEAN CITY  •  Rashul Banana Cafe’  •  2nd Floor Boardwalk at  
Colonial Walk. M-Sun 12-7, vr.

PENELOPES  •  Labrador Lounge  •  1521 Hwy 35.  
302 96th St. 609-368-1616.

PENELOPES  •  Labrador Lounge  •  1521 Hwy 35.  
609-492-8470. M-W 9-9; Sat 9-8; Sun 10-5. hrs, to.

PENELOPES  •  Labrador Lounge  •  1521 Hwy 35.  
Whole Foods  •  Rte. 35 & Chapel Hill Rd. 732-758-1688.  
M-Sun 9-9. hrs, to, op.

PLAINSBOURNE  •  Crown Of India  •  600 Plainsboro Rd. 609-275-5707.  
M-Sat 11-30-2, 4:30-10. vr.

PRINCETON  •  Sunflower House  •  301 N Harrison St. 609-279-9888.  
M-Sat 11:30-3:30, 5-9:30. clsd Sun. vr, to.

RED BANK  •  Down To Earth (vegan)  •  7 Broadway. 732-747-4542.  
W-M 11-3, 5-10; clsd Tu, vr, to, org.  

SAYREVILLE  •  Indian Mehfil  •  426 Rantin St. 732-953-9600.  
M-Sun 11:30-2, 5-9. vr, to.

SKILLMAN  •  Sahara  •  1325 Rte 206. 609-921-8336. M-Sat 11-9:30; clsd Sun. vr.

SOUTH ORANGE  •  Nature’s Earth  •  309 South Orange Ave. 732-308-0449.  
M-F 9:30-8; Sat 9:30-6; Sun 10-5. hrs, to.

STEONE HARBOR  •  Green Cuisine  •  302 96th St. 609-388-1616.  
May-Sept.; M-Sun. 11-8:30. vr, to.

TOMS RIVER  •  East Coast Vegan  •  313-A W. Water St. 732-473-9555.  
M-10; Sat 10-5; clsd Sun. vr, to, org.  

VIVANDEO  •  In Good Taste  •  1301 N. Delsea Dr. 856-794-4856.  
Tu-W 10-6; Th-F 10-7. clsd Sat-Sun; M-Sun. vr, to, op.

WHITEMARSH  •  Brooklyn Cafe  •  22 West. 908-334-1772.  
clsd Sun 5-9:30-6. vr, to.

WILLIAMSPORT  •  Simply Zen  •  437 Rantin Ave. 732-828-8809.  
M-Sat 10-7; Sun 11-7. hrs, to.

WOMAN’S HAVEN  •  Black Forest Acres  •  535 Rte 130.  
609-488-4885. M-F 9:30-7:30; Sat 9-3-8; Sun 12-4. hrs, op.

ROCKY POINT  •  Simply Zen  •  437 Rantin Ave. 732-828-8809.  
M-Sat 10-7; Sun 11-7. hrs, to.
REPLACE. Many of the dishes you like may already be vegetarian; others can be made that way with a few minor changes (such as vegetable stock instead of chicken broth, or textured soy instead of chopped meat). Health food stores and even supermarkets offer a growing array of easy-to-prepare meat analogs, which re-create everything from hot dogs to chicken nuggets. Eat out a lot? Go with a vegetarian dish—a bean burrito, pasta e fagioli, moo shu vegetable. Most national cuisines have at least one vegetarian classic. If necessary, ask for a veggie platter—restaurants are usually happy to prepare one. REFINE. Which is to say, “unrefine.” Cut down on empty calories—soda, doughnuts, potato chips. Switch from highly processed “refined” foods to “whole” foods—for example, whole grains, such as brown rice instead of white. Explore some of the less-familiar grains such as quinoa, kamut, millet and teff. As you gain confidence, consider moving on to vegansoy yogurt and fortified soy milk stand in nicely for cows-based counterparts. Try different brands to see which ones you like best. Ener-G, an economical substitute for eggs in baked goods, allows you to safely taste raw batter, just like in the old days; Tofu Scrambler, a mixture of spices, can be added to vegetables and mashed tofu for a quick alternative to scrambled eggs. But soy is just one of many legumes—chickpeas, pintos, lentils and countless others are low in fat, high in protein and good in soups, salads and stews. Leafy greens, such as collards and kale, steamed and sautéed with garlic, can be delicious, calcium-rich side dishes. Sea vegetables—hijiki, wakame, laver—are also rich in nutrients (if you’ve ever had sushi, you’ve already tasted one kind—nori, the green wrapping). Crave something heavy? Nut and seed butters, such as tahini, are creamy and satisfying on whole-grain bread. For dessert, there are soy- and rice-based ice cream, as well as sorbet. The BOTTOM LINE is that if you eat a variety of wholesome foods from the categories above, you will have no problem obtaining enough protein and other nutrients—even as you dramatically reduce the saturated fat and cholesterol in your diet. (Vegans are advised to take a B-12 supplement.) For more ideas, pick up a cookbook; take a few classes; explore the many vegetarian sites on the Internet. Above all, keep an open mind and think of all the new great foods you’ll be enjoying.